

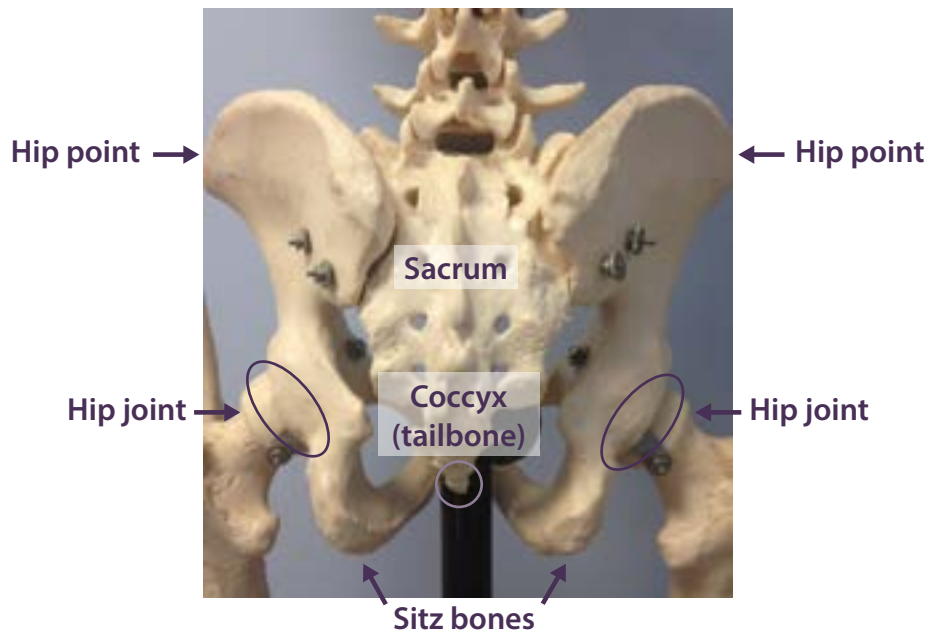


BREATH CUES

If you have pelvic, hip, or back pain, you were probably advised to relax your pelvic floor. This can sound vague: how exactly do you relax your pelvic floor?

Fortunately, it is easier than it sounds. As you breathe, use your imagination to enhance the natural direction of the pelvic floor muscles in coordination with the breath. The chart below describes the movement of the muscles during the two phases of respiration. Use your imagination to visualize the bones moving, creating more space for the pelvic floor muscles to lengthen during inhalation.

INHALE	EXHALE
Belly softens, expands	Belly comes back in towards body
Sitz bones separate, soften, float away from each other	Sitz bones come back into center
Tailbone lengthens away from the pubic bone	Tailbone returns to center towards pubic bone
Pelvic floor muscles lengthen out and down/open like pinball flippers	Pelvic floor muscles come back in towards body



DUSTIENNE MILLER PT, MS, WCS, CYT

dustienne@flourishphysicaltherapy.com

(413) 551-9394

 @yourpaceyoga

www.YourPaceYoga.com

 @DustienneMillerYourPaceYoga

www.FlourishPhysicalTherapy.com